

Health Maintenance in Chronic Lymphocytic Leukemia

(Preventive Health Measures for Patients with CLL)

Cancer Screening

Immunizations

Life-Style Modifications



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Why is Health Maintenance so Important?

- Individuals diagnosed with CLL have a long life expectancy
- CLL and other health conditions (and health conditions that can develop after the diagnosis of CLL) contribute to the risk of infections complications and the development of other cancers
- Maintaining fitness and muscle mass is challenging after age 40

Chronic Lymphocytic Leukemia (CLL): SEER Data

68% in 1975

5-year relative survival: 88.5% (2014-2020)

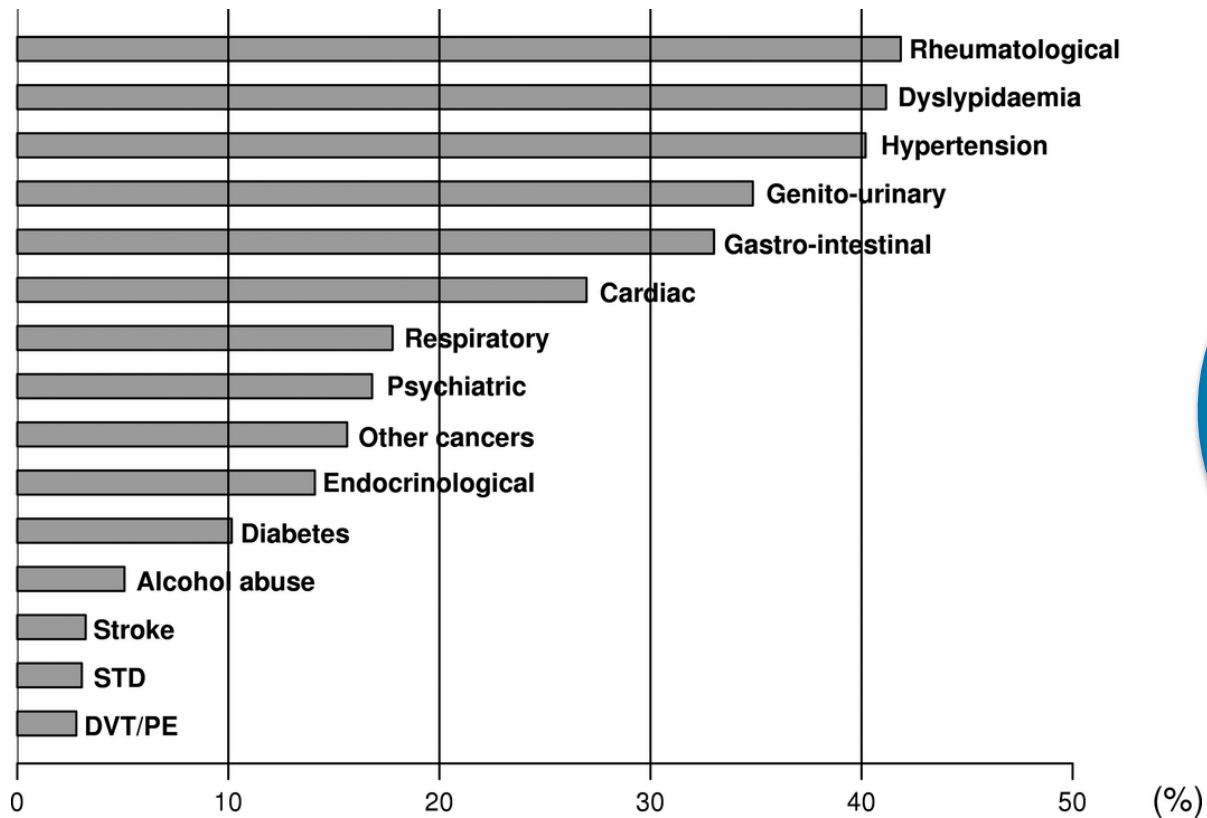
5-year estimated survival for 2022: 94%



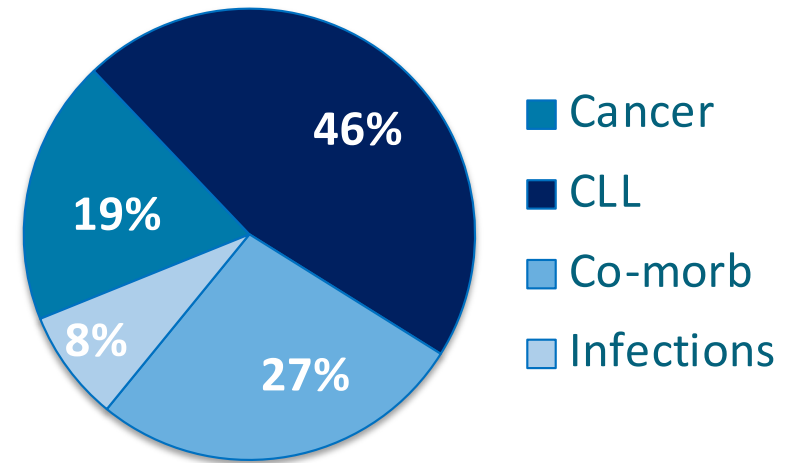
5-Year
Relative Survival

88.5%

CLL: Co-existing Medical Conditions at Time of Diagnosis (1,143 Patients)



Cause of Death





THE UNIVERSITY OF TEXAS
MDAnderson
~~Cancer~~Center

Making Cancer History®

Survivorship Clinic – Chronic Lymphocytic Leukemia (CLL)

The National Cancer Institute defines a person with cancer as a survivor from the time of diagnosis until the end of life

Quality Improvement Project to Optimize Health Maintenance in CLL

Sponsored by CLL Global

- Prospective, survey-based study conducted from 2020–2025 at UT MD Anderson Cancer Center
- Patients with CLL completed a standardized health maintenance questionnaire during annual in-person clinic visits
- Questionnaire captured: vaccinations (influenza, pneumococcal, shingles, COVID-19), cancer screening (mammogram, Pap smear, PSA, colonoscopy, dermatology skin exam), and primary care visits
- Cumulative uptake of influenza and COVID-19 vaccination assessed in patients with serial surveys

Cancer Screening

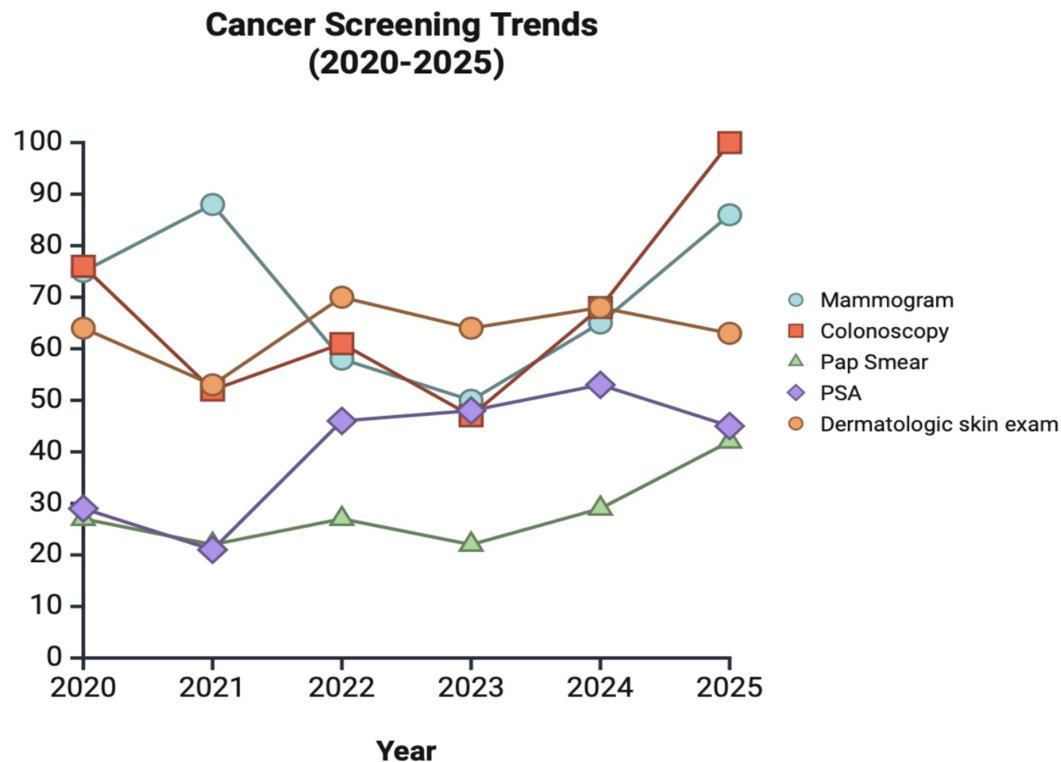
The New York Times



When Cancer Strikes Twice: “a second new cancer”

JANE E. BRODY DEC. 25, 2017

Cancer Screening Trends in 1083 Individuals with CLL

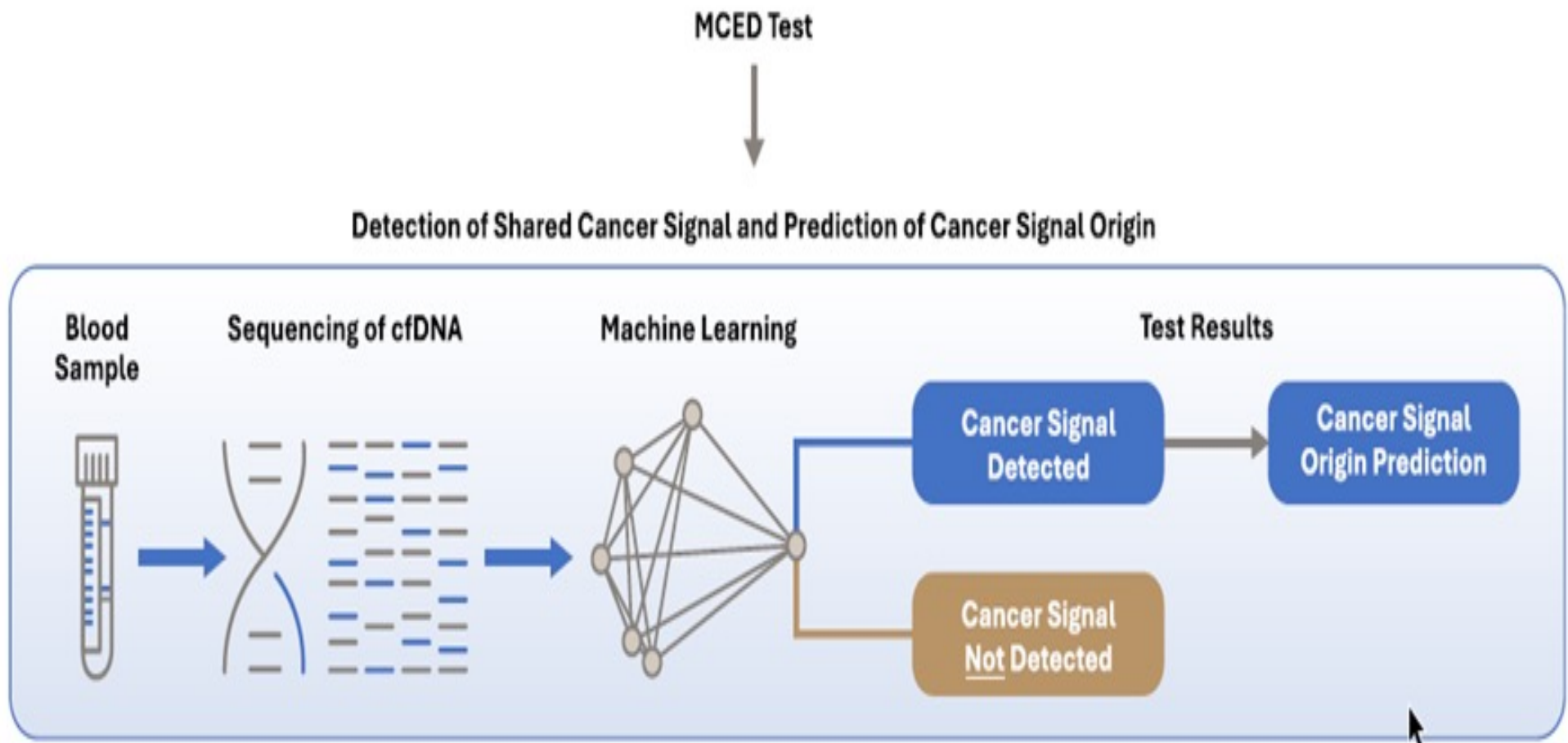


Cancer screening: Declined post-COVID-19 pandemic , but recovery by 2025 — mammography (86%), colonoscopy (100%); modest gains in Pap smear (42%) and prostate (45%).

Skin exams reported by 67%, increasing with age; racial/ethnic disparities persisted.

Updates coming at ASH 2025

NCCN Sponsored Prospective Study: Improving the Detection of Other Cancers in Patients with CLL Using Multicancer Early Detection Testing - MCED in CLL



Vaccinations

01

Vaccinate
early!

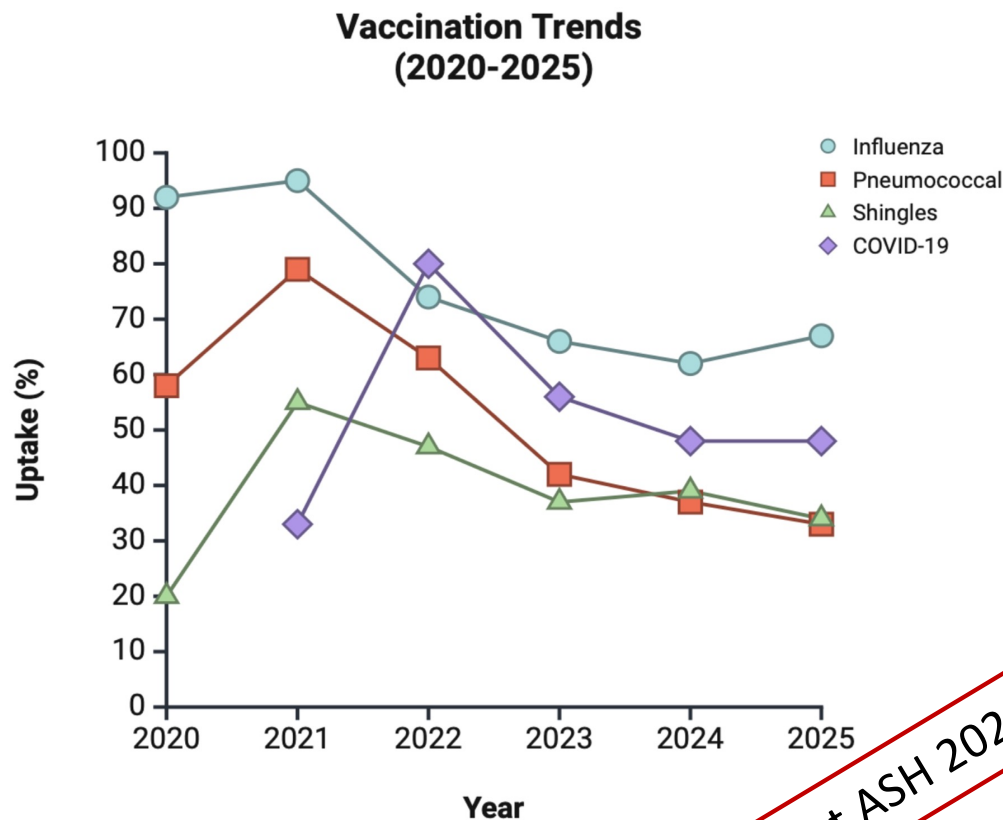
02

Vaccinate
before
treatment!

03

Vaccinate
family
members!

Vaccination Trends in 1083 Individuals with CLL



Vaccination: Declined post-COVID-19 pandemic — influenza (92%→67%), pneumococcal (58%→33%), shingles (55%→34%), COVID-19 (80%→48%)

Older age predicted higher uptake

Cumulative uptake: Among repeat surveys, ≥ 2 doses were 81% (influenza) and 74% (COVID-19)

Updates coming at ASH 2025

Life-Style Modifications

Healthy Diet & Exercise Research

Study for Individuals with CLL

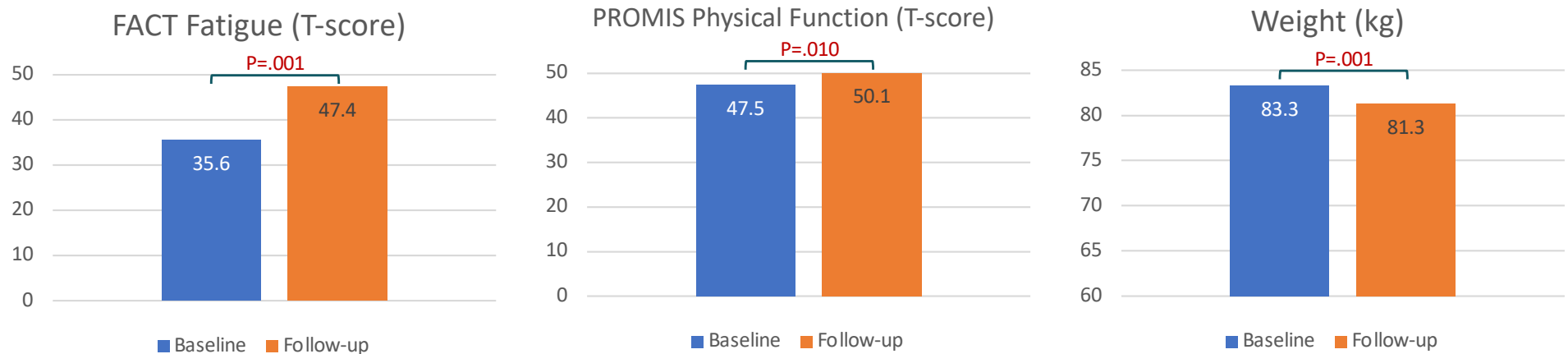
HEALTH4CLL



HEALTH4CLL: Results

Improved Weight, FACT Fatigue, & PROMIS Physical Function

☐ Paired t-test



HEALTH4CLL: Results

Association between CLL-CI score and T cell phenotype

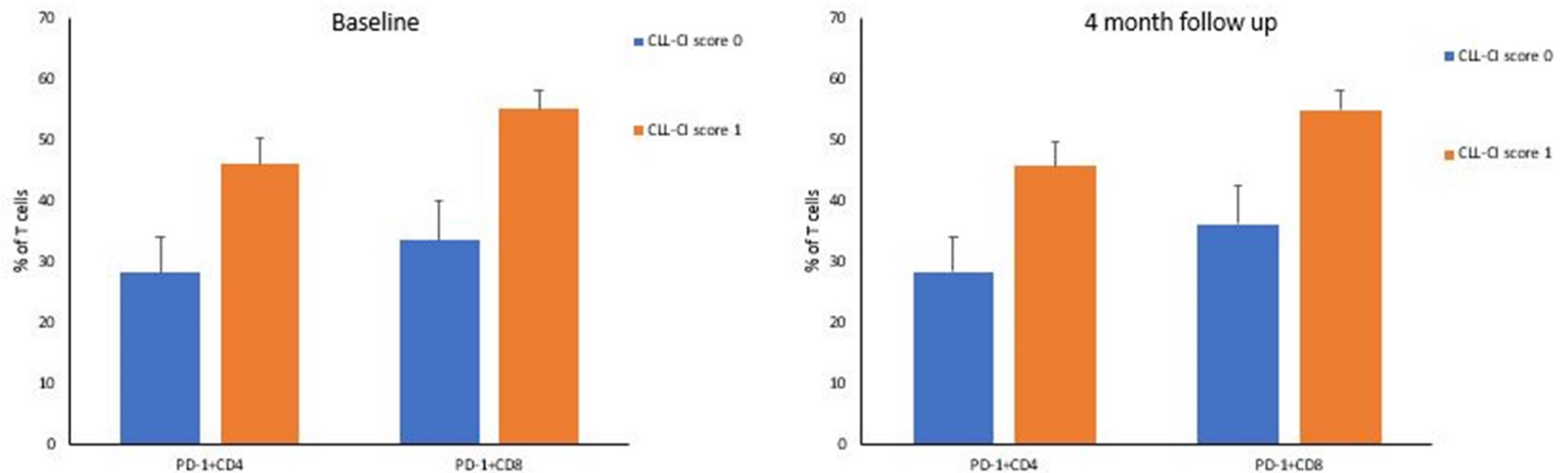


Fig 1. Baseline and post exercise intervention PD1 expression on CD4+ and CD8+ T cells by comorbidity score.

HEALTH4CLL: Conclusions

Patients with CLL are capable to increasing activity, despite age and fatigue

Coaching, self-monitoring, and reminders resulted in a high study retention

Interventions are effective in increasing activity and can be delivered via distance-based approaches

Potential benefit on the immunosystem

Benefit extended beyond the study time

HEALTH4CLL2 is ongoing with support from CLL Global



Thank you for the invitation!

